



# dementia caregiving in maine

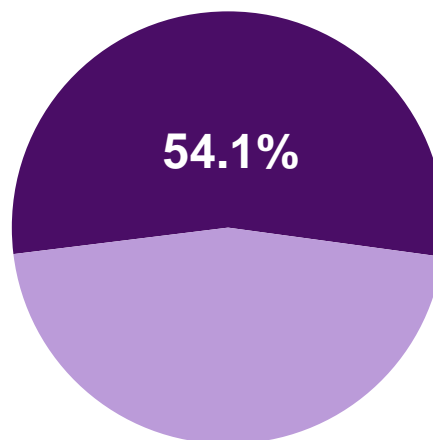
DATA FROM THE 2015 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Maine, more than half of all adults providing unpaid care to loved ones with Alzheimer's or another dementia have been doing so for at least two years.

Nearly one-fourth of Alzheimer's and dementia caregivers provide 20 or more hours of care per week.

More than one in five dementia caregivers are in the "sandwich generation" – caring for both someone with dementia and a child or grandchild.

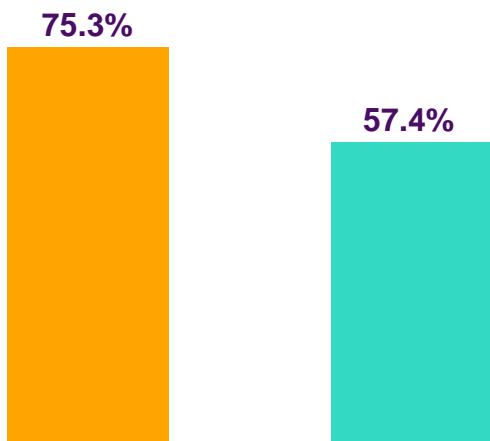
Percent of dementia caregivers providing care for at least 2 years



Characteristics of Alzheimer's and Other Dementias Caregivers

Gender		Age		Hours of Care per Week		Caring for Parent or Parent-in-law	Also Caring for Minor
Women	Men	45-64	65+	20+	40+		
60.1%	39.9%	49.2%	26.2%	22.4%	17.2%	52.5%	21.8%

Percent of dementia caregivers providing help with specific tasks



Manage household care, such as cleaning or cooking

Manage personal care, such as feeding or bathing

Percent of dementia caregivers with a history of depression

